

## PREPARING FOR A PANDEMIC

One of the first steps in planning for a flu pandemic (worldwide epidemic) or other public health emergency is making sure you and your family, including pets, have *a two-week supply of food, water and medication*. It may be difficult to get to a store or the stores may be out of supplies, so it is important for you to have extra supplies on hand. Check the sample shopping list in the “Plan to Be Ready” booklet ([www.maui-ready.org/](http://www.maui-ready.org/)) to use as a guide to prepare yourself and your family

### FOR MORE INFORMATION:

#### Hawaii Department of Health

[www.hawaii.gov/health](http://www.hawaii.gov/health) Hawaii updates  
**1-866-767-5044** hotline for H1N1 flu

#### Centers for Disease Control & Prevention

[www.cdc.gov/swineflu/](http://www.cdc.gov/swineflu/) updates on H1N1 virus,  
prevention measures, travel alert, etc.  
**1-800-232-4636** CDC toll-free telephone  
**1-888-232-6348** CDC TTY line

[www.maui-ready.org](http://www.maui-ready.org) Emergency preparedness resources  
and including pandemic information

[www.eden.lsu.edu](http://www.eden.lsu.edu) Extension Disaster Education Network

#### UH CTAHR Germ City

[www.ctahr.hawaii.edu/NEW/GermCity/](http://www.ctahr.hawaii.edu/NEW/GermCity/)  
hand washing education resources



**Cooperative Extension Service**  
College of Tropical Agriculture and Human Resources  
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# H1N1 Flu Virus

## Protecting Yourself and Your Community: Everyday Measures & Emergency Preparedness

*Human illness caused by H1N1 flu virus infection has been identified in the U.S.*

**Get the facts and know what you should do!**



**May 1, 2009**

- Influenza is thought to spread mainly from person to person through coughing or sneezing of infected people.
- There are many things you can do to prevent getting and spreading influenza.

***Stop the spread of germs that make you and others sick!***

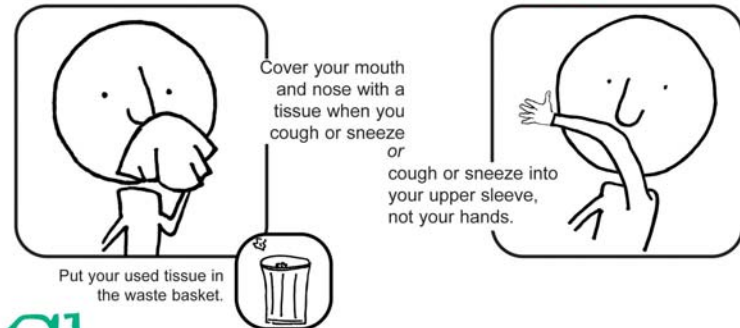
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs on your hands can infect you that way.

***Try to avoid close contact with sick people.***

- Influenza is thought to spread mainly from person to person through coughing or sneezing of infected people.
- If you get sick, CDC\* recommends that you stay home from work or school and limit your contact with others to keep from infecting them.
- Read additional information to aid in the protection against the spread of pandemic (worldwide epidemic) influenza.

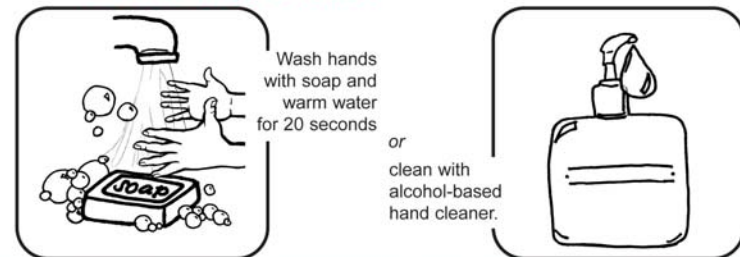
\*Centers for Disease Control and Prevention

# Cover your Cough



# Clean your Hands

after coughing or sneezing.



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117 5th Children Street  
Minneapolis, MN 55414  
612-296-5414 or 1-877-675-5414  
www.health.state.mn.us

